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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Tips To Heal Unsightly Cracked Skin

By Rachel Gillespe

There are several reason you might experience cracked skin; cold weather, excessive washing of hands, dry skin, skin diseases, or going barefoot are just a few. If you do develop cracks or skin fissures on your hands or feet, you should take steps to treat the area as soon as you can. Cracked skin is a health hazard since it allows an opening for germs. The following tips will help you heal unsightly cracked skin.

Soak the area every night

The first step in healing your cracked skin is to soak the effected area every night for at least 20 minutes. This allows your skin to soak up moisture and soften up the tough calloused areas which are prone to cracking. The cells of your skin require adequate hydration to stay soft and supple. When you are finished with your hydration by soaking, simply pat the area dry with a soft towel. Do not rub it dry as this is liable to irritate skin which might be tender due to the cracking and chafing.

Seal the moisture in

Now that you have hydrated your cells, you need to lock the moisture in by applying a petroleum jelly product such as Vaseline. Other lotions may be used in a pinch, but they do not seal as well as Vaseline. Next, slip cotton socks on if it is your feet that are cracked, or cotton gloves if it is your hands. Go to bed and leave them in place overnight and let the moisture revitalize your skin so they can heal.

Following the above routine is also helpful in preventing chapped skin and cracking. So at the first sign of dry or painful skin, start the hydrating regimen. In addition, you can further hydrate your body by drinking adequate amounts of water everyday.

Having dry, cracked, and bleeding hands or feet is a health hazard and painful to endure. Not only that, it is embarrassing. The best course of action is to prevent cracks from forming in the first place if at all possible.

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Diminishing Stretch Marks

By Martha Fitzharris

Stretch marks are results of rapid stretching of the skin due to rapid weight gain and growth spurts. Pregnant women are more likely to have stretch marks the breasts, abdomen, and hips. Teenagers are more likely to have them on the shoulders and hips. In general, anyone who gains and loses weight rapidly will probably get stretch marks.

Stretch marks can be bothersome and unsightly to the ones that have them. As the skin stretches, collagen fibers in the skin tear, thus causing damage to the dermal tissue. Unfortunately, once a stretch mark appears it is permanent and difficult to make it fade away; however it is not impossible. Fortunately, there are treatments available to help fade them away.

A suitable method for removing the stretch marks is to use a cream which utilizes biological activators of your body's own regenerative process to prevent and diminish stretch marks. This type of cream will stimulate the production of new collagen, elastin and other proteins from within the skin, allowing your skin to heal itself thus replacing damaged skin.

Martha Fitzharris is a freelance journalist for

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a website offering a

new biological natural skin care product that activates skin renewal.

If you want more information about Stretch marks, please click natural skin care cream with natural skin renewal activators.



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